

ALLOVEME “I RISE” CHAT RESOURCES 9/24/23

Words from Dr. Janai

- Validate what has happened to you; do not compare or minimize your abuse to others
- Recognize your trauma responses (hypervigilance, inability to make connections, anxiety, paranoia, etc.)
- Therapy and its role in addressing the long-term effects. Also realize that faith does have a place in your therapeutic journey
- Therapist must maintain a level of confidentiality; your abuse will not be reported without your consent **UNLESS** it includes child abuse or elder abuse (which must **ALWAYS** be reported). If you are not willing to report your abuse, your therapist's role is to process your emotions and create a crisis plan with you for your safety
- Confront and release what has kept you in bondage. You do not have to forgive the person who has harmed you, but you have to release and confront what has happened to you.

Dr. Janai's At-Home Reflection

What part of this conversation was fulfilling to me and my spirit?
What part did I need to hear that I was unaware I needed to hear?
How do I continue to live in my truth, living in my truth, while healing?

Domestic Violence Hotline

<https://www.thehotline.org>

800-799-7233

Reminder from Dr. Janai

“No’ is both a complete sentence and a final answer.”

Hues To Healing (@huestohealing)

Stay connected with Hues To Healing for conversations for all things mental health and healing on Instagram, Spotify Podcasts, Apple Podcasts, LinkedIn, and Twitter: <https://bio.site/huestohealing>

[Types of Abuse](#) – see below

[Cycle of Abuse](#) – see below

Myths & Facts – see below

[Recognizing Red Flags / Learn Healthy Relationship Skills / Make A Safety Plan / Know Your Rights](#)

[Intimate Partner Violence Prevention Resource for Action \(cdc.gov\)](#)

Resources for Victims of Domestic Violence

For Immediate Assistance

National Domestic Violence Hotline
1-800-799-SAFE (7233) or
1-800-787-3224 (TTY)
www.ndvh.org

National Sexual Assault Hotline
1-800-656-HOPE (4673)
www.ncdsv.org

The National Center for Victims of Crime
1-800-394-2255 or
1-800-211-7996 (TTY)

For Further Information

National Coalition Against Domestic Violence
1-303-839-1852 or
1-303-839-1681 (TTY)
www.ncadv.org

National Network to End Domestic Violence
1-202-543-5566
www.nnedv.org

Resources for Victims of Dating Abuse

For Immediate Assistance

National Teen Dating Abuse Helpline
The opportunity to speak one-on-one with a trained Peer Advocate who can offer support and connect you to resources 24 hours a day, seven days a week.
1-866-331-9474 or 1-866-331-8453 (TTY)
An online chat line is also available after school hours and weekends at www.loveisrespect.org.

For Further Information

Break the Cycle
This website engages, educates and empowers youth to build lives and communities free from domestic and dating violence.
www.breakthecycle.org
Resources for Children Affected by Domestic Violence

Resources for Children Affected by Domestic Violence

For Immediate Assistance

Childhelp
Childhelp® exists to meet the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children. This organization focuses its efforts on advocacy, prevention, treatment and community outreach.
1-800-4-A-CHILD (1-800-422-4453)
www.childhelp.org

For Further Information

Child Witness to Violence Project
This organization is a counseling, advocacy and outreach project that focuses on the growing number of young children who are hidden victims of violence, or children who are bystanders to community and domestic violence.
1-617-414-4244
www.childwitnessstoviolence.org

Types of Abuse

I'm not sure if my relationship is healthy

If something doesn't feel right in your relationship, it probably isn't.

Physical abuse

Physical abuse is one of the first forms of domestic abuse that people recognize because it's the most visible. It is often a way for a perpetrator to gain control. It is illegal. Some examples of physical abuse are:

- Punching, slapping, hitting, pinching, kicking, scratching or biting

- Applying pressure to your neck or holding you down, strangling or choking you
- Pulling your hair out
- Spitting at or near you
- Using objects as weapons to attack and hurt you
- Punching walls or breaking things

Psychological and emotional abuse

Psychological and emotional abuse can be difficult to describe or identify. It's when a perpetrator uses words and non-physical actions to manipulate, hurt, scare or upset you. Some examples of emotional and verbal abuse are:

- Screaming and shouting at you
- Mocking you, calling you hurtful names or using derogatory words about you
- Sulking or refusing to talk or be kind until you do something they want
- Making you doubt your own sanity. This is known as **gaslighting**. A perpetrator may gaslight you into thinking that you are remembering things wrong or that you are misinterpreting things, later making you believe their version of events is true. This behavior is often used to manipulate
- Threatening that they will destroy something, hurt you or commit suicide
- Threatening to report you to the police, social services or a mental health team if you don't do what they say
- Telling you that they're sorry, that it isn't abuse
- Telling you that you deserve or cause the abuse
- Threatening to kill or harm you and/or your children

Coercive control

Coercive control is an act or pattern of acts of assault, threats, humiliation and intimidation, which is used to harm, punish or frighten. Some examples of coercive control are:

- Isolating you from your friends and family
- Depriving you of basic needs, such as food or care
- Monitoring how you spend your time
- Tracking what you do online or on your phone
- Controlling aspects of your everyday life, such as where you can go, who you can see, what you can wear and when you can sleep
- Stopping you from accessing support services, such as medical services or support groups
- Repeatedly putting you down, saying you are worthless
- Humiliating, degrading or dehumanizing you

Stalking and harassment

Stalking is a pattern or patterns of behavior of persistent and unwanted attention that makes you feel pestered, scared, anxious or harassed. Some examples of stalking are:

- Regularly giving unwanted gifts
- Making unwanted communication
- Damaging property
- Repeatedly following you or spying on you
- Threats

Financial and economic abuse

Financial abuse is part of coercive control, it involves a pattern of controlling, threatening and degrading behaviors relating to money and finances. The perpetrator uses money to control their partner's freedom. This can include using credit or debit cards without permission or building up debts in their partner's name. Economic abuse is a broader term, as it also includes restricting access to essential resources and services, such as food, clothing or transport, and refusing to allow someone to improve their economic status through employment, education or training. Some examples of economic abuse are:

- Controlling all of the household income and keeping financial information a secret
- Taking out debts in your name, sometimes without you knowing
- Stopping you from being in work, education or training
- Making you do a certain amount of hours at work, not contributing to any bills
- Having control over spending, checking receipts, having everything in their name

Sexual abuse

Sexual abuse and violence can take place within relationships or between family members and can often be a part of domestic abuse. If you consent to something because you are afraid or you have been pressured into it, it is not consent. Some examples of sexual abuse are:

- Rape or sexual assault. This can be any sexual act you did not consent to. It can include forced kissing, touching or penetration. If you have experienced this recently, find advice on getting treatment and support [here](#).
- Having sex with you when you are unable to consent, for example if you are under the influence of drugs or alcohol which may affect your ability to consent.
- Using force, threats, guilt, manipulation or intimidation to make you perform sexual acts.
- Forcing you to have sex with other people or to become a sex worker.
- Forcing you to have sex or watch pornography in front of children.
- Degrading you during sex, such as calling you names, spitting, biting, punching or hurting you.

Tech abuse

Tech abuse is when someone uses technology as a tool to abuse. As our homes become smarter, this type of abuse is becoming more common. Abusers may use smart home devices to monitor and control. This could include connecting to thermostats to change the temperature, turning lights or speakers on and off from an app or watching you on security cameras. It can also include cyberstalking; when someone repeatedly sends harassing messages.

Some examples of tech abuse are:

- Monitoring your social media
- Having access to your phone, email account and/or social media accounts. You have a right to privacy.
- Having access to your online banking
- Not allowing you to have access to technology, such as a phone, or internet access
- Sharing intimate photos of you online.
- Using cameras or spyware to watch you or listen to your conversations
- Using GPS locators or tracking apps on your phone to locate you
- Constantly contacting you through text, calls, email and/or social media
- Using smart home devices to harass you

Disability and domestic abuse

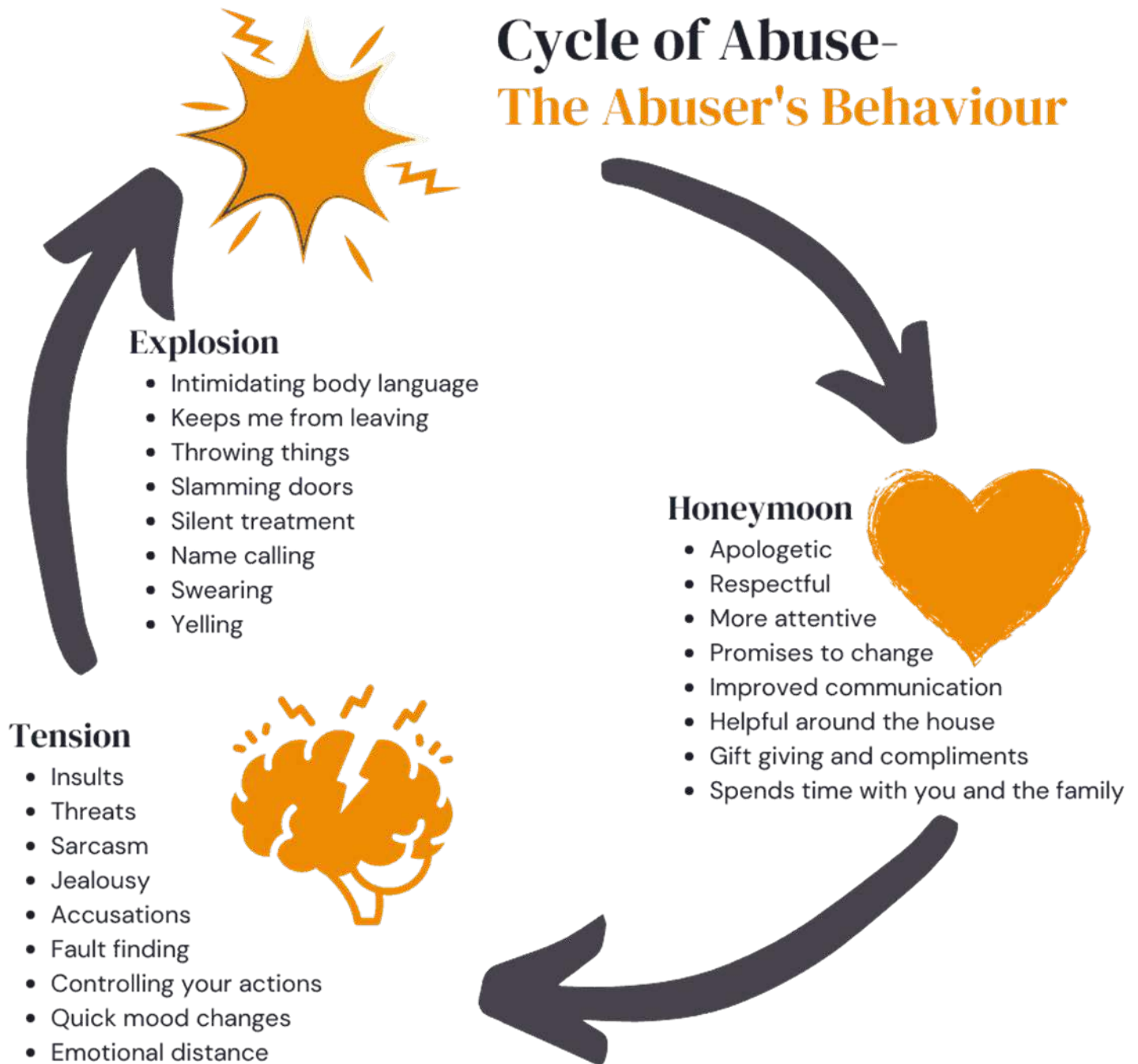
If you have a disability or chronic health condition, an abuser may use this as part of the abuse. However, abuse is never your fault. Only the abuser is responsible for their actions. Domestic abuse can happen in any relationship, including those in which someone is a caregiver or assists you with something personal or intimate. If someone takes advantage of the power they have as a caregiver, this could be abuse. Women's Aid is here for you and support is available to you. Some of the ways disabled women experience abuse can include:

- Withholding, hiding, destroying or manipulating medical equipment and/or tools, such as a walking stick, cane, hearing aid or wheelchair
- Refusing to help with attending important meetings, such as hospital appointments or benefit assessments
- Refusing to interpret what people are saying around you, for example if you are Deaf and use sign language
- Theft of state benefits or any other financial income
- Sexual touching while assisting you with personal care, such as dressing or bathing
- Demanding sex in exchange for caregiving
- Forced marriage or repeated sexual violence against women who cannot consent due to disability
- Prevention of access to medication or pain relief
- Overmedicating or under medicating, or changing a medication without telling you
- Doing things to exacerbate or take advantage of a disability or health condition, such as smoking indoors, leaving unreachable windows open in winter, or refusing to allow you to go to the toilet
- Refusing to assist you with caregiving responsibilities, including providing adequate meals and nutrition, dressing, bathing, access to transport and cleaning duties
- Isolating you from friends, family, support workers and support groups
- Saying that you are ugly or useless because of your disability, or calling you stupid because you don't understand

Information obtained from womansaid.org

Cycles of Abuse

Cycle of Abuse- The Abuser's Behaviour



More information

[Signs of the Cycle of Abuse: 4 Stages \(psychcentral.com\)](https://psychcentral.com/signs-of-the-cycle-of-abuse-4-stages)

DOMESTIC VIOLENCE

MYTH vs. FACT

Domestic violence only happens to women.

1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime. 30-50% of transgender people will experience domestic violence in their lifetime.

Drugs, alcohol, stress, and mental illness are the causes of DV.

While drugs, alcohol, stress, and mental illness can be factors in an abuser's life and can certainly make an abusive situation more complicated, these things do not cause domestic violence.

Abusers are just out of control and need anger management.

Abusers use many deliberate tactics to maintain power and control in a relationship. Sometimes these tactics can include physical violence and aggression, but there are many other ways that control is established.

Domestic violence is always physical abuse.

While physical abuse can be one way of maintaining power and control, it does not occur in every abusive relationship and is usually not the only form of abuse if it is occurring. Emotional abuse, financial abuse, sexual abuse, isolation, threats, and intimidation are all forms of domestic violence.

If a victim doesn't leave, it must not be that bad or they are ok with how they are being treated.

Leaving an abusive relationship is extremely difficult. On average, a victim will try to leave an abusive relationship at least 8 times before leaving successfully. Some of the things abusers do to make leaving hard can include: creating financial dependence, using children as a coercion tool, making threats of violence or legal retaliation, or using the court system to keep control of a victim even after they leave.



YWCA Spokane's #EndTheSilence campaign goal is to stop victim blaming and entreat the community to stand alongside victims and survivors of domestic violence as safe allies and remind them that they are not alone. [Learn how you can End The Silence at ywcaspokane.org.](https://www.ywcaspokane.org)
Call YWCA Spokane's 24 Domestic Violence Helpline at 509-326-CALL(2255)

eliminating racism
empowering women
ywca
SPOKANE